

Struggle with mindset?

Our Groups are for children, teens & adults



WHY GROUPS?

Because sometimes we need a little guidance towards a happier, healthier life.

Our range of Groups for 5+ are designed to build confidence, resilience and teach coping strategies.

Groups are \$400 and located in Joondalup and Currambine.

CURRENT GROUPS

Our groups run for 4 or 6 weeks (one session per week). Term 3 starts 27 July. Current groups:

- Magic Coat
 - Age 5-8 & 9-11
- Girls with a Purpose
 - Female age 9-12 & 13-17
- In the Zone
 - 13-17 & 18+
- Wise Minds
 - 13-17 & 18+
- The Body Project
 - Female 13-18



Interested? Email: groups@directionpsychology.com.au

GROUPS

TERM 3

**27 JULY
- 31 AUGUST**

ALL GROUPS RUN FOR
6 WEEKS*

*THE BODY PROJECT
RUNS FOR 4 WEEKS
STARTING 1 AUGUST

groups@directionpsychology.com.au

MONDAY

4 - 5 PM
& 5.30 - 6.30 PM

Magic Coat

Building confident,
resilient, adaptive
and positive kids.

Who: 5-8 & 9-11

Location: Currambine

WEDNESDAY

4 - 5.30 PM

Girls with a Purpose

Building empowered
and confident young
women.

Who: Female 9-12
& 13-17

Location: Currambine

WEDNESDAY

4 - 5.30 PM
& 6 - 7 PM

In the Zone

Mindfulness to reduce
stress, overwhelm &
anxiety.

Who: 13-17 & 18+

Location: Joondalup

FRIDAY

4 - 5.30 PM
& 6 - 7.30 PM

Wise Minds

Improve mood and
mindset with CBT.

Who: 13-17 & 18+

Location: Joondalup

SATURDAY

10 - 11.30 AM

The Body Project

Improve body image &
decrease dieting risk.

Who: Female 13-18

Location: Joondalup

